

NCAA UNEVEN BARS

VITALE 2018

Connection Value	0.1	0.2	NCAA Value Parts: 3A, 3B, 2C	Up to the Level = Routine must have a <i>single bar release</i> minimum "D" or "E" release or <i>minimum of two "D" releases</i> or <i>minimum of two "E" level skills</i> AND "D" Dismount or "C" Dismount in Bonus Combination								
NCAA	*C + C/D	D + D	Start Value: 9.5									
<p>*Both "C" elements <u>must have flight or turn</u> but If "C" connected to "D/E" then "C" <u>not</u> required to have flight/turn -or- If 2 "C" 3/6/7 skills connected then <u>do not need</u> turn/flight to receive CV however both "C" 3/6/7 skills must be different.</p>				<p><b>Elements:</b> Uprise HS with 1/2 = D Fwd/bkwd Stalders to HS or with 1/2 = D Fwd/bkwd Stalders to HS with 1/1 turn = E                      1-1/2 IN HS = E All elements that include 1/1 turn after handstand (Healy) = D                      **Bonus may be awarded for any skill or series of skills unless gymnast falls Fall Time: 45 seconds</p>								
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<b>Connection Value</b>	<b>0.1</b>	<b>0.2</b>	<b>NCAA Value Parts: 3A, 3B, 2C Start Value: 9.5 Fall Time:30 sec</b>	<b>Acro Series:</b> Minimum 2 flight skills with min "C" with or without hand support may include mount but <u>cannot connect to dismount</u> -or- can be an "A" non-flight element from group 7 (walkovers/cartwheels) connected to an "E" acro skill but must finish on the beam. <b>Acro Variety:</b> Fwd/bkwd/sdwd skills must be min "A" skill in mount <u>or</u> on beam - not in dismount
<b>Acro Flight (2 element)</b> (excludes dismount)		<b>B + D/E</b> <b>C + C/D</b>	<b>Up to the Level:</b> If flight series is performed on beam <u>without</u> connection bonus (consider <u>only</u> skills performed on beam) then additional "D" <b>acro -or- "E" dance</b> is required (may be in mount/dismount)	
<b>Acro Flight (3 element)</b> (Dismount skill must be minimum "C" to receive bonus) <b>** +0.1 bonus with "C" in series</b>	<b>B + B + C</b>	<b>B + C + C</b> <b>B + B + D</b>	<b>Elements:</b> Straddle Jump ¼ = <b>C</b> Bkwd Layout Stepout = <b>D</b> Bkwd layout thru vertical to pike down legs together = <b>D</b> Full Twisting BHS swing down = <b>E</b> Double Stag or Ring Leap/Jump = <b>D</b> Fwd Salto 1 or 2 leg takeoff to sit = <b>D</b> Swing leg to Fwd salto stretched with 1/1 to end/side = <b>C</b> in tuck position = <b>B</b> Gainer Salto bkwd tucked with 1/1 at end = <b>D</b> Gainer Salto bkwd stretched with 1½ to side = <b>D</b> or with 2/1 or 2½ to side = <b>E</b> Two foot Fwd Salto tuck or stretched with 1½ dismount = <b>D</b> Fwd Salto stretched with 2/1 = <b>E</b> Salto bkwd stretched with 2½ dismount = <b>E</b>	
<b>Dance or Mixed Series</b> (acro elements must have flight) (excludes dismount)	<b>A + D</b> <b>B + C</b>	<b>B + D/E</b> <b>C + C/D</b>	<b>Exceptions:</b> B + C Acro Flight = No Bonus B + D Mixed Series = 0.2 CV + 0.1 DV <u>including</u> "B" Jump + Layout Stepout B + D Acro Flight = 0.2 CV + 0.1 DV <u>except</u> BHS + Layout Stepout = NO CV + 0.1 DV <u>and</u> BHS + Layout stretched then piked feet together = 0.1 CV + 0.1 DV <u>and</u> <b>Fwd Ariel + BHS = 0.1 DV + NO CV <u>but</u> Fwd Ariel + back tuck = 0.1 DV + 0.2 CV <u>and</u> Fwd Ariel + BHS + Layout Stepout = 0.2 CV + 0.2 DV + 0.1**</b>	
<b>Dance Turns</b> (on one foot)	<b>A+C or C+A</b>		B + B + D Acro Flight = 0.2 CV + 0.1 DV + <b>0.1**</b> (**Award 0.1 for 3 flight skills [excluding dismount connections] that includes minimum "C" skill) <u>Except</u> BHS + BHS + Layout Stepout = 0.1 CV + 0.1 DV + <b>0.1**</b> any order of BHS: <b>swing down/stepout/gainer/2 feet <u>and</u> Fwd Aerial + BHS + BHS = 0.1 CV + 0.1 DV + 0.1**</b>	

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**Special Requirements (0.2 each)**

\_\_\_\_ VP \_\_\_\_\_ Acro Series min "C" required

\_\_\_\_ CV \_\_\_\_\_ Dance Series min "C" required

\_\_\_\_ DV \_\_\_\_\_ 180° Split Leap/Jump

\_\_\_\_ SV \_\_\_\_\_ Minimum 360° turn

\_\_\_\_\_ "C" dismount or "B" dismount directly connected to any "D" acro

\_\_\_\_ Acro Variety: no bkwd acro element (0.1)

\_\_\_\_ Acro Variety: no fwd/sdwd acro element (0.1)

\_\_\_\_ >1 dance element to prone (0.1 each)

\_\_\_\_ Distribution (0.05) \_\_\_\_\_ Space (0.05)

\_\_\_\_ Level changes (0.05) \_\_\_\_\_ Direction (0.05)

\_\_\_\_ Up to the Level (0.1) \_\_\_\_\_ Artistry (→ 0.3)

\_\_\_\_ Exec/Amp

Score:

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**Special Requirements (0.2 each)**

\_\_\_\_ VP \_\_\_\_\_ Acro Series min "C" required

\_\_\_\_ CV \_\_\_\_\_ Dance Series min "C" required

\_\_\_\_ DV \_\_\_\_\_ 180° Split Leap/Jump

\_\_\_\_ SV \_\_\_\_\_ Minimum 360° turn

\_\_\_\_\_ "C" dismount or "B" dismount directly connected to any "D" acro

\_\_\_\_ Acro Variety: no bkwd acro element (0.1)

\_\_\_\_ Acro Variety: no fwd/sdwd acro element (0.1)

\_\_\_\_ >1 dance element to prone (0.1 each)

\_\_\_\_ Distribution (0.05) \_\_\_\_\_ Space (0.05)

\_\_\_\_ Level changes (0.05) \_\_\_\_\_ Direction (0.05)

\_\_\_\_ Up to the Level (0.1) \_\_\_\_\_ Artistry (→ 0.3)

\_\_\_\_ Exec/Amp

Score:

NCAA FLOOR EXERCISE

VITALE 2018

<b>Connection Value</b>	<b>0.1</b>	<b>0.2</b>	<p><b>NCAA Value Parts: 3A, 3B, 2C Start Value: 9.5</b>                  *If "C" turn followed by "C" jump may receive CV if directly connected                  **Acro elements in mixed series must be salto or flight elements to receive CV                  ***Mixed Series must include at least 2 Acro elements - one must be a "C" &amp; Dance element must be at least "A" &amp; must be followed by a "salto" element of at least an "A". Dance element breaks the series for all other purposes</p>	<p><b>Elements:</b> Front salto piked = A Ring Jump or Stag-Ring 1/1 = D Tour Jete to Ring Leap or with 1/2 = D  <b>Dance passage:</b> Minimum of 2 <u>different</u> Group 1 elements directly or indirectly connected &amp; requires 180° leap (one foot take off) cross or side split position. Allows for running steps, small leaps, hops, chassés, assemblés or any kind of turn on 1 or 2 feet between the 2 dance value parts  <b>Up to the Level:</b> If missing any or all →                  1. One "E" element (acro/dance) -or- 2 different "D" elements (one must be an acro element)                  2. One Acro Series with "C" salto or better                  3. Acro Dismount with a minimum "C" salto in bonus combination -or- minimum of a "D" Salto  <b>Salto Dismount:</b> defined as last isolated salto or <u>within</u> last acro combination  <b>Acro Series:</b> defined as minimum 3 acrobatic flight elements (aerials not considered saltos)</p>
<b>Acro Indirect</b>	A/B + A/B + C/D A/B+D	C+C C + D/E		
<b>Acro Direct</b>	B+B ( <u>different</u> ) or A+C A+A+C	B+C or C+C A+A+D or A/B +D		
<b>Dance*/Mixed**</b>	B + D or C + C D salto + A jump ***Mixed Series C+A+A	C + D/E		

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_____ VP	<b>Special Requirements (0.2 each)</b>
_____ CV	
_____ DV	
_____ SV	
_____ Lack of Dance Bonus min. 0.1 CV or DV (0.1)	
_____ Acro Variety: no fwd/sdwd salto (0.1)	
_____ Acro Variety: no bkwd salto (0.1)	
_____ >1 prone (0.1 each) - 1 dance & 1 acro allowed	
_____ Distribution (0.05)	_____ Direction (0.05)
_____ Up to the Level (0.1)	_____ Space (0.05)
_____ If only 2 acro passes 1. "D/E" 2. "D/E" or +0.2 CV (0.1)	
_____ Artistry (→ 0.3)	
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Score:	

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_____ VP	<b>Special Requirements (0.2 each)</b>
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_____ >1 prone (0.1 each) - 1 dance & 1 acro allowed	
_____ Distribution (0.05)	_____ Direction (0.05)
_____ Up to the Level (0.1)	_____ Space (0.05)
_____ If only 2 acro passes 1. "D/E" 2. "D/E" or +0.2 CV (0.1)	
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Connection Value	0.1	0.2	NCAA Value Parts: 3A, 3B, 2C	Up to the Level = Routine must have a <i>single bar release</i> minimum "D" or "E" release or minimum of two "D" releases or minimum of two "E" level skills AND "D" Dismount or "C" Dismount in Bonus Combination												
NCAA	*C + C/D	D + D	Start Value: 9.5													
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